

What is claimed is:

1. An exercise assembly structured to exercise a leg-ankle-foot portion of a user's body, said exercise assembly comprising:
 - a) a platform dimensioned and configured to support a foot of the user thereon,
 - b) a base interconnected in supporting relation to said platform,
 - c) a support assembly movably interconnected to said platform in supporting relation to said base,
 - d) said platform manually driven by force exerted thereon by the user, and
 - e) said platform and support assembly cooperatively structured to direct the platform through a plurality of paths of movement each having a predetermined range of motion.
2. An assembly as recited in claim 1 wherein said support assembly comprises a substantially semi-circular configuration having opposite free ends connected to said platform.
3. An assembly as recited in claim 2 wherein said semi-circular configuration of said support member defines a diameter substantially extending transversely through an axis of rotation of the user's ankle joint.
4. An assembly as recited in claim 1 wherein said plurality of

1 paths of movement comprise a plurality of axes of rotation
2 corresponding at least to the natural axis of rotation of
3 the ankle, lower leg and knee.

4 5. An assembly as recited in claim 1 further comprising a
5 sensor assembly including a plurality of sensors each
6 disposed structured to determine a path of movement of said
7 platform relative to a predetermined axis of rotation.

8 6. An assembly as recited in claim 5 further comprising a
9 processor responsive to data determined by said plurality
10 of sensors, said processor structured to store said data
11 and connected to a display facility.

12 7. An assembly as recited in claim 6 wherein said display
13 facility and processor are operative to visually inform the
14 user of said plurality of paths of movement on a real time
15 basis.

16 8. An assembly as recited in claim 7 wherein a range of motion
17 of said platform relative to each of said plurality of
18 paths of travel may be determined and extended beyond a
19 normal range of motion for a predetermined part of the
20 user's body.

21 9. An assembly as recited in claim 8 wherein said platform may
22 be directed through a plurality of paths of movement
23 determined by said stored data, each of said plurality of
24 paths of movement comprising a different configuration
25 determinative of which predetermined portion of the user's

body is to be exercised.

10. An assembly as recited in claim 1 further comprising at least one weight assembly interconnected to said platform and disposed laterally outward therefrom.

11. An assembly as recited in claim 10 wherein said weight assembly includes an elongated arm extending laterally outward from said platform and at least one weight member secured to said arm substantially adjacent an outer end thereof.

12. An exercise assembly structured to exercise predetermined portions of a user's body including a leg, ankle, and foot, said exercise assembly comprising:

a) a platform removably attached in supporting engagement with a foot of the user,

b) a base movably interconnected in supporting relation to said platform,

c) a support assembly connected to said base and disposed to support said platform in a substantially outwardly suspended relation to said base,

d) a drive assembly connected to said base and interconnected in driving relation to said platform, and

e) said drive assembly, platform and said support assembly interconnected and cooperatively structured to regulate movement of said platform through a

1 plurality of paths of movement each having a variable
2 range of motion.

3 13. An assembly as recited in claim 12 wherein each of said
4 plurality of paths of movement comprises a different
5 configuration determinative of which predetermined portion
6 of the user's body is exercised.

7 14. An assembly as recited in claim 12 wherein said drive
8 assembly comprises a plurality of drive motors each
9 interconnected in driving relation to said platform.

10 15. An assembly as recited in claim 14 wherein each of said
11 drive motors is disposed and structured to move said
12 platform relative to a different predetermined axis of
13 rotation.

14 16. An assembly as recited in claim 15 wherein said plurality
15 of drive motors are collectively and cooperatively
16 structured and disposed to move said platform through a
17 substantially universal range of motion.

18 17. An assembly as recited in claim 14 wherein said plurality
19 of drive motors are concurrently operative and
20 cooperatively structured to direct said platform through a
21 substantially universal range of motion.

22 18. An assembly as recited in claim 12 further comprising a
23 sensor assembly including at least one sensor disposed and
24 structured to determine at least the path of movement of
25 said platform, said sensor assembly further including a

1 processor responsive to data received from said sensor and
2 including storage capabilities for storage and retrieval of
3 the data received from said sensor.

4 19. An assembly as recited in claim 18 further comprising a
5 display facility connected to said processor and structured
6 to visually display representations of the paths of
7 movement of said platform on a real time basis.

8 20. An assembly as recited in claim 19 wherein said sensor
9 assembly comprises a plurality of sensors each disposed and
10 structured to determine a path of movement of said platform
11 relative to a different, predetermined axis of rotation,
12 each of said sensors connected to said processor, said
13 processor responsive to store and retrieve data received
14 from said plurality of sensors.

15 21. An exercise assembly structured to exercise predetermined
16 portions of a user's body including the leg, ankle, knee
17 and foot, said exercise assembly comprising:

- 18 a) a platform removably attached in supporting engagement
19 with a foot of the user,
20 b) a base movably interconnected in supporting relation
21 to said platform,
22 c) a support assembly interconnected to said base and
23 disposed to support said platform in a substantially
24 outwardly suspended relation to said base, and
25 d) a sensor assembly operatively interconnected to said

platform and structured to determine the paths of
movement and the range of motion of said platform.

22. An assembly as recited in claim 21 further comprising a
display facility connected to said processor and structured
to visually display representations of the paths of
movement of said platform on a real time basis.

23. An assembly as recited in claim 22 wherein said sensor
assembly comprises a plurality of sensors each disposed and
structured to determine a path of movement of said platform
relative to a different predetermined axis of rotation,
each of said sensors connected to said processor, said
processor responsive to store and retrieve data received
from said plurality of sensors.